Turn



The

Race

Hang my towel on the chair

Put on my cap

Then my goggles

Jump around

Stretch

Even though I hurt all over

I’d do it again

Not just to race

but…

To feel the triumph

Over and over again.

Tears roll down my face

The feeling of achievement

Hard work and dedication

Feels good

More tears

I stand there

Hugs

Relief

Pride

I look up at the screen

Lane 3

That’s me!

I fly out of the water

I touch the wall

I know it was close…

I’m nearing the end

I can feel it

my legs are numb

I think my arms will fall off

I’m out of breath

My coach

Encouraging me

From the side

Yelling

Waving arms

Jumping around

I pray for inner strength

Courage

Speed

Breath

Absolute Power

One more race

Then it’s time

I look up

Say a little prayer

Close my eyes

Swimmers take you mark

No, I’m not ready yet

The beep sounds

Splash!

I plunge into the water

I start to kick

My arms tearing through the water

I haven’t breathed yet

Come on hard kicks

Fast arms

They get out of the water

A man blows the whistle

Everyone becomes quiet

He blows it again

I step up

Keep jumping

Stay loose

Don’t thing about it

It’s almost time

Nervous

That’s the word

Sweaty palms

Fast heart rate

Concentration